Amendments to the Claims:

The following listing of claims will replace all prior versions, and listings, of claims in the application:

1.   (Currently Amended) Ice spike for mountaineering, having a metal armature designed to be fitted under the sole of a shoe, said armature comprising:

————a a bearing surface having a plurality of anchoring teeth along the periphery,

————a a front part equipped with stop means for securing to wedge the front of the shoe, shoe in the longitudinal direction,

————a a rear part provided with a fixing clamp comprising a cross-bar designed to latch directly onto a rear rim of the sole to secure the heel of the shoe,

————means a longitudinal connecting strip between the front part and the rear part for adjusting the armature in length according to the shoe size, and

—————————and a strapping system associated to tightening means to secure the armature to the sole of the shoe, wherein:

—————————the front part of the armature comprises stop means to wedge the front of the shoe in the longitudinal direction,

————and the a strapping system comprises comprising at least one safety lanyard fixed to the fixing clamp of the rear part pressing the cross-bar onto said rim when clamping is performed. performed,

————wherein the stop means comprises two protuberances salient at the front of the bearing surface, said protuberances being shaped as ring-holders for passage of a lanyard.

2.   (Original) Ice spike according to claim 1, wherein the fixing clamp of the rear part is achieved by means of a steel wire folded into a U shape, that is mounted with pivoting

in a pair of holes arranged transversely in the rear part of the armature under the plane of the bearing surface.

3.   (Original) Ice spike according to claim 1, wherein the cross-bar of the fixing clamp is joined to the lateral branches by two loops for passage of the lanyard.

4.   (Original) Ice spike according to claim 3, wherein each lateral branch of the fixing clamp is inclined with respect to the cross-bar making an obtuse angle.

5-7.   (Canceled)